

# National Veterans Golden Age Games EVENTS and RULES



# EVENTS AND RULES

*This booklet briefly describes*

*each event, the equipment*

*policies and medal distribution*

*offered at the National*

*Veterans Golden Age Games.*

*If you would like additional*

*information about any of the*

*events, a full description of*

*events and rules can be found*

*on the internet at the following*

*site:*

[www.va.gov/vetevent/gag/rules/index.html](http://www.va.gov/vetevent/gag/rules/index.html)

## TABLE OF CONTENTS

Bicycle..... 3

Bowling..... 3

Checkers..... 4

Croquet..... 5

Dominoes..... 5

Nine Ball..... 6

Horseshoes..... 7

Pentathlon..... 7

Shuffleboard..... 8

Swimming..... 8

Table Tennis.....9

Golf.....10

Protest Procedures.....11

**Competitor eligibility-** National Veterans Golden Age Games competitors must be 55 years of age or over and currently receiving care through the Department of Veterans Affairs. Participants may be inpatients of a VA facility or receiving services on an outpatient basis.

**Event selection-** Competitors may enter up to four, but not less than two National Veterans Golden Age Games events. Competitors may enter no more than two swimming events.

## **BICYCLE: ¼ and ½ MILE**



The bicycling competition is based on the best time for each competitor. The bicycling competition consists of two separate events- ¼ Mile and ½ Mile and is limited to ambulatory competitors only. Only one participant will be allowed on the course at a time.

## **EQUIPMENT**

The National Veterans Golden Age Games host will provide two wheel bicycles of similar style and condition. Competitors must use these bicycles. Safety helmets are provided, but competitors may use their own. Competitors must provide their own athletic shoes.

## **MEDALS**

Awarded by age and gender.

## **BOWLING**



**Ambulatory-** This competition will be based on the total score for two lines bowled in open competition. There is no handicap in this event. Bowlers will not be given the opportunity to warm up on the lanes prior to bowling their two lines in the competition. The bowling competition will be held in accordance with American Bowling

Congress and World International Bowling Congress rules (except as otherwise noted within the National Veterans Golden Age Games rules). Players will alternate lanes after each game. Ten frames will be bowled straight through at one time.



**Adaptive-** This competition will be based on the total score for the two lines bowled in open competition. Rules are similar to above, with accommodations for adaptive equipment. There will be three separate categories of competition held based on the type of adaptive equipment

used. The three types are wheelchair, wheelchair adaptive (i.e., ramp, push, and handle ball), and visually impaired. Ramps, pushers, and handle balls must be used with wheelchairs. Bowlers will adjust their own ramps without assistance. There will be no switching of lanes. Ten frames will be bowled straight through at one time. Handrails may be used for those participants who are visually impaired.

### **EQUIPMENT**

The National Veterans Golden Age Games host will provide bowling balls and shoes. Competitors may elect to use their own bowling ball and shoes. All bowling balls must conform to the size and weight outlined by the American Bowling Congress. A limited number of ramps, handle balls, and push sticks will be provided on a first-come, first-served basis.

### **MEDALS**

Awarded by division, age and gender.

### **CHECKERS**



The checkers competition is set up in a single elimination tournament format. All matches will be played as a best two out of three games. A player wins when his/her opponent can make no move. This can happen in either of two ways: the player has lost all of his/her playing pieces to capture; or all of his/her remaining pieces are immobilized.

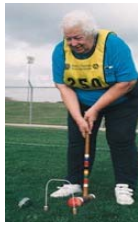
### **EQUIPMENT**

The National Veterans Golden Age Games host will provide standard and adaptive checkerboards and checkers.

### **MEDALS**

Awarded by age groups only.

## **CROQUET**



Each participant will compete individually in a single elimination format. This competition is limited to ambulatory competitors only. Up to six players can compete in each game with the winner of each game moving on to the next competition round. Game winner is normally the player who completes the tour of the croquet court first. However, if more than one player completes the course on the same round, the winner is determined by the stroke count. If there is a tie for low score, a playoff game will be conducted between the tied players. Order of play is determined by the sequence of colors of the starting stake (top to bottom). The top color is the first to play.

## **EQUIPMENT**

The National Veterans Golden Age Games host will provide standard American nine wicket, two stake croquet courts and equipment.

## **MEDALS**

Awarded by age group only.

## **DOMINOES**



The competition will be set up in a single elimination tournament format. All matches, when possible, will have four competitors. All preliminary matches will be played to a score of 200 points. The winner will advance to the next round; and when necessary to have four competitors in the next match, the players with the next highest scores may advance (this will be decided by the event judge). The championship match will be played to 300 points. Once a player has reached 300 points or more, the game will end and that player awarded First Place, the player with the next highest score will be Second Place, and the player with the next highest score will be awarded Third Place.

## **EQUIPMENT**

The National Veterans Golden Age Games host will provide adaptive and standard sets of “Double-Six” dominoes.

## **MEDALS**

Awarded by age groups only.

## **NINE - BALL**



The competition will be set up in a single elimination tournament format. All matches will be best two out of three games. Games must be completed within 10 minutes for ambulatory competitors and 20 minutes for competitors in wheelchairs. Delay of game penalty may be called at the official's discretion if a player appears to be stalling.

Delay of game will cost the player his/her turn at the table. Nine Ball is a rotation game. Balls are shot in numerical order with the shooter striking the lowest numbered ball first and continuing that order of play with each consecutive round. Players will call and keep track of their opponent's fouls. The game ends at the end of a legal shot which pockets the nine ball, or when a player forfeits the game as the result of a foul. Wheelchair competitors must remain seated while shooting. No adaptations may be made to wheelchairs to alter the height of the seat.

## **EQUIPMENT**

The National Veterans Golden Age Games host will provide pool tables, pool balls, diamond shaped ball racks, cues and cue chalk. Participants may use their own pool cues after inspection and approval by the event judge.

## **MEDALS**

Awarded by age groups and ambulatory and wheelchair divisions.

## **HORSESHOES**



The competition will be set up in a single elimination tournament format. Tournament brackets will be determined by a draw. All matches will be played for 10 innings with each player throwing two shoes per inning. The "count all" method of scoring will be used for this tournament. The player with the highest score at the end of the 10 innings advances in the single elimination tournament. Ties shall be broken by pitching an extra inning, or as many extra innings as are necessary to break the tie.

## **EQUIPMENT**

The National Veterans Golden Age Games host will provide standard pitching horseshoes. Participants may not use their own horseshoes.

## **MEDALS**

Awarded by division (i.e., ambulatory, wheelchair and visually impaired), age and gender.

## **PENTATHLON**



The Pentathlon event is composed of five separate event activities--shot put, discus, softball hit, 10-meter air gun, and basketball free throw. Participants compete in all five-event phases to earn points that will be totaled to determine the Pentathlon Event winner (First, Second and Third Place). Points are earned in each of the five-event activities as follows: First--seven points; Second--five points; Third--three points. There will be no play-off in the event of a tie after the competition of all five events and each competitor will be awarded the appropriate medal/award.

## **EQUIPMENT**

The National Veterans Golden Age Games host will provide shot puts, discus, softballs and bats, .177 air guns and targets, and basketballs. Competitors may use their own softball bats

as long as they conform to the following standards: constructed of wood, metal or fiberglass with a manufacturer's "official softball" imprint. The general size is to be no longer than 34" in length and 2 ¼" in diameter.

### **MEDALS**

Awarded by age group, gender and ambulatory and wheelchair divisions.

### **SHUFFLEBOARD**



The competition will be set up in a single elimination tournament format. All matches will be played for six innings. Highest point score will determine the winner. Two participants will compete against each other in a match. Two matches may be played on the same court if needed to speed play, with the two matches having players' alternate sides of the court. The object of the game is to propel discs by means of a cue to a scoring diagram at the opposite end of the court--to score points, to prevent the opponent from scoring, or both.

### **EQUIPMENT**

The National Veterans Golden Age Games host will provide standard shuffleboard discs and cues. Competitors may use their own cue if determined to be of regulation type by the event judge.

### **MEDALS**

Awarded by division (i.e., ambulatory, wheelchair and visually impaired), age and gender.

### **SWIMMING**



The competition will be based on fastest time of each competitor. The event judge will determine the number of racers in each heat based upon the total number of entries. Except for freestyle,



all strokes and kicks are acceptable. Flip-turns are not allowed and if used will result in disqualification. The order of finish (First, Second and Third Places) will be determined by best times regardless of placement in the heat. If a tie occurs, there will not be a race off but each competitor will receive a medal/award. The 25-yard/meter races and the 50-yard/meter races include free-style, non-ambulatory free-style, backstroke and non-ambulatory backstroke. The 100-yard/meter races include free-style and non-ambulatory free-style. All swimmers will begin with an in-water start. In all in-water starts, the competitors must keep one hand in contact with the wall prior to the start.

### **EQUIPMENT**

The National Veterans Golden Age Games host will provide towels. Competitors must provide their own swimming suits.

### **MEDALS**

Awarded by age group, gender and ambulatory and wheelchair divisions.

### **TABLE TENNIS**



Participants will compete individually in singles table tennis. The competition will be set up in a single elimination tournament format. All matches will be played as a best two out of three game matches. A game shall be won by the player who first wins 21 points, unless both players have scored 20 points, then the winner of the game will be the first to win two points more than his/her opponent.

### **EQUIPMENT**

The National Veterans Golden Age Games host will provide table tennis tables and nets, regulation table tennis rackets (paddles) and balls. Competitors may use their own table tennis rackets (paddles) if they are determined to be regulation and if they are of the same type as supplied by the National

Veterans Golden Age Games host. This determination will be made by the event official.

## **MEDALS**

Awarded by age group, gender and ambulatory and wheelchair divisions.

## **GOLF**



Each participant will compete individually within his/her age group. There will be no handicapping of scores. Therefore, gross scores will determine the first three places in each age category. All play not covered by National Veterans Golden Age Game rules will be governed by USGA and local club rules. Competitors will play in groups of no more than four and will be grouped in similar age categories as much as possible. Nine holes will be played. Groups will be assigned a starting hole and will begin their play from that hole. A "shotgun" start will signal players to begin play. Players will begin each hole from the following tee boxes: RED- women; WHITE- men. A stroke will occur any time a player positions himself/herself to hit the ball and takes a swing at the ball. A stroke will be counted even if the ball is missed (a whiff). In order to speed up play, the maximum score on a hole will be double par. Once a player reaches double par, he/she is to pick up the ball and wait for the others in the group to finish the hole. In the event there is a tie for low score at the end of the round, a score card tiebreaker will be used to break that tie beginning with hole #1. This will continue until a player has shot the best score on a hole.

## **EQUIPMENT**

The National Veterans Golden Age Games host will provide a sleeve of three golf balls, tees and scorecards. Competitors will provide their own golf clubs.

## **MEDALS**

Awarded by age groups only.

## PROTEST PROCEDURES

If a competitor or coach wishes to protest a specific action related to the National Veterans Golden Age Games (i.e., event results), these specific procedures must be followed:

1. All protests must be made in writing on the official National Veterans Golden Age Games form and submitted to the Head National Official for that event. These forms may be obtained from the event officials at each event site.
2. The protest form must be filled out completely relating all supporting evidence.
3. Protests must be made at once and not later than 30 minutes after the final result has been officially announced. If it is a preliminary round or heat, it must be made within 15 minutes after the result has been announced.
4. The decision of the Head National Official may be appealed to the National Meet Director. The decision of the National Meet Director is final.

**Modification of Rules-** Event Officials may modify and adapt rules regarding facilities and equipment when modification is necessary because of the availability of facilities or weather factors and with concurrence of the National Veterans Golden Age Games Program Director and the Local Site Coordinator.

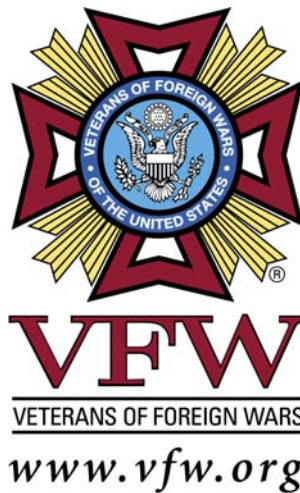
**Areas and equipment-** The opportunity to warm up prior to the event and/or to become familiar with the event areas and equipment will be given at the discretion of the Event Officials.

# Co-sponsored by



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A comprehensive description of the National Veterans Golden Age Games Rules may be found at the following Web Site:

[www.va.gov/vetevent/gag/rules/index.html](http://www.va.gov/vetevent/gag/rules/index.html)